



The Simon's Bay Mile - Women's Day Swim 2023

Event Overview

The Simon's Bay Mile is an annual recreational open water swimming event for Women Only to celebrate Women's Day on 9th August 2023. The swim itself will take place at 9am on Wednesday 9th August 2023 in the scenic Simon's Bay in Simon's Town, Cape Town.

The swim is a 1 mile (1600m) swim starting and finishing on the Beach at Simon's Town Long Beach. Participants start the swim by heading out into Simon's Bay to complete a clockwise circular loop passing by the False Bay Yacht Club, Jubilee Square and South African Navy Dive School. Swimmers can choose to swim the Mile in either a costume or a wetsuit. All swimmers are encouraged to swim in brightly coloured swim caps (Pink, Red, Orange, Green or Yellow) to ensure high visibility in the water for safety and for supporters and the general public to see them.

The event will be pre entries only and no on the day entries will be allowed. We will cap the numbers this year at 130 swimmers. There will be a dedicated First Aid provider in Cape Medical Response on site for the duration of the event and Lifeguards will be in the water on paddle craft during the swim supported by inflatable rescue boats. The NSRI Station 10 at Simon's Town will also be on standby should they be required in an emergency.

Event Timings

Event set up	7am
Swimmer check in	8am to 8:45am
Swim briefing	8:50am
Swim start	9am
Swim finish	10am
Prizegiving	10:20am or 30 minutes after the last swimmer finishes
Event breakdown	11am

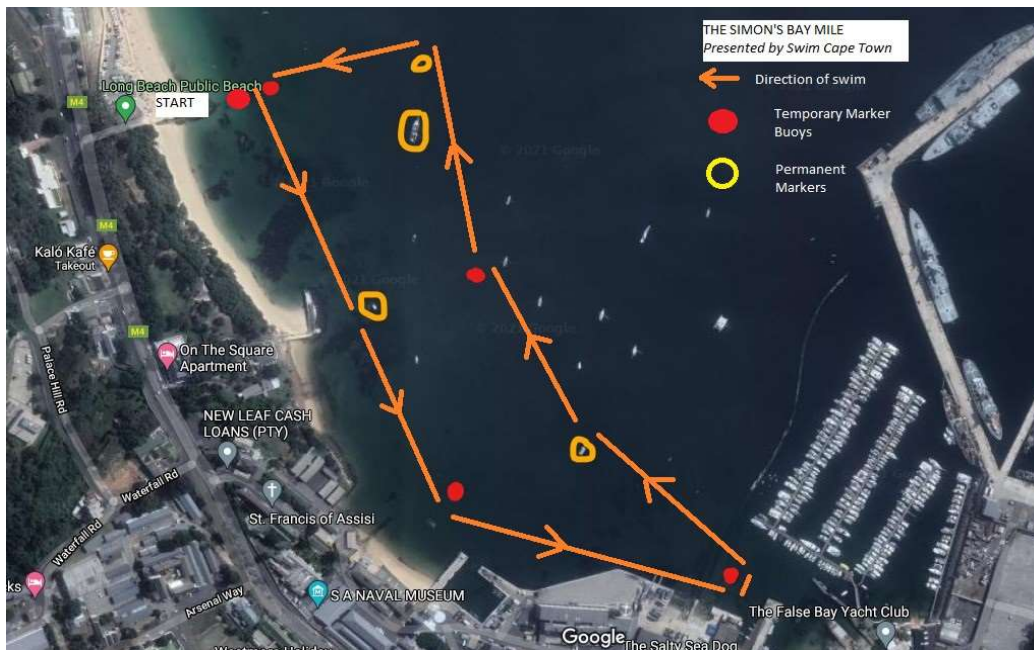


Event Swim Plan

On the day all swimmers will start in one wave (mass start) from the near side of Simon's Town Long Beach and head out into Simon's Bay with participants swimming in either a clockwise or anti-clockwise direction (depending on the conditions on the day). There will be a leadout SUP and Lifeguard on paddle craft to guide the lead swimmers around the course and there will be sweep lifeguards also following the last swimmer from the start to the finish.

The swim course will be a 1.6km/1 Mile looped course and will be marked by using both permanent markers (that already form part of the swim course) and temporary markers (inflatable buoys) to ensure swimmers follow the swim course and have the opportunity to sight regularly. The swimmers will pass the buoys and markers on their left shoulder if swimming anti-clockwise and on the right shoulder if swimming clockwise. The swim course will pass by local features like the kelp forests of Admiralty Bay, the Naval Dive School and False Bay Yacht club basin before returning to the start point on the Beach for the finish.

THE SIMON'S BAY MILE SWIM COURSE (ANTI CLOCKWISE LOOP)





Event Communication

The Swim Cape Town team will be providing ongoing communication to the relevant authorities, stakeholders and potentially affected parties. After successful swims in 2021 and 2022 we hope that the swim will continue to grow and become a firm favourite on the National open water swimming calendar. Swim Cape Town's Event Manager is Scott Tait who will be providing communication on all aspects of the Event.

Event Manager Scott Tait
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Event Sponsors and Partners

